



**U.S. Army Medical Department Activity - Bavaria
Public Affairs Office**

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Fact Sheet: Seasonal Influenza (also known as the Flu)

Defined: Seasonal Influenza is an infection of the nose, throat and lungs caused by influenza viruses. Each year, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications. The best way to prevent seasonal flu is by getting a seasonal flu vaccination each year.

Preventive Measures:

- Contact your local clinic about getting your annual flu vaccine.
- Cover your nose and mouth when you sneeze or cough.
- Wash your hands often with soap and water. Alcohol-based cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with people who are sick.

Symptoms: Flu-like symptoms include high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches and sometimes diarrhea and vomiting.

If you think you have the flu:

- Stay home from work or school. The Centers for Disease Control and Prevention recommends you stay home at least 24 hours after your fever is gone, except for medical treatment and other necessities. Your fever should be gone without the use of fever-reducing medicine.
- Get lots of rest, drink plenty of liquids and avoid using alcohol or tobacco.
- Call the Nurse Advice Line and speak to a registered nurse about your symptoms 24 hours a day, 7 days a week. The NAL can schedule an appointment for you at your local health clinic if you need one.
 - Nurse Advice Line: 00800-4759-2330

Flu Vaccines: The time to get a flu vaccine starts in September and continues into winter through January or later. Clinics will be offering the FluMist[®] and Flu Zone[®] as vaccine options. Talk to your health care provider about which option is best for you.

Flu Mist[®]: The FluMist[®] is a live, attenuated virus, which is sprayed up the nose. The FluMist[®] is approved for 2 – 49 year-olds who are not pregnant and do not have serious health problems.

Flu Zone[®]: The Flu Zone[®], which is administered like a shot, is approved for individuals who fall outside the 2 - 49 age range or have a medical condition that disqualifies them for the FluMist[®], such as long-term health problems or pregnancy. The pediatric injectable vaccine is also available for 6 – 23 month-olds.

The information in this fact sheet was taken from the Centers for Disease Control and Prevention Web site. For additional information, visit their site at www.cdc.gov. For local updates, check the Bavaria MEDDAC Web site at: <https://ermc.amedd.army.mil/Bavaria/index.cfm>.